

ABSTRACT OF THE DISCLOSURE

It is an object of the present invention to provide an information recording and reproducing technique capable of improving the reliability of information recorded on a recording medium. A recording condition comprising amplitude information and the ratio of the amplitude to the recording power is previously recorded on the recording medium. Using this previously recorded information, information is recorded and then immediately reproduced to calculate the optimum recording power from the amplitude information obtained from the reproduced signal. By adapting the recording condition accordingly, it is possible to secure reliability of information in performance.